

The National Centre for Farmer Health Hamilton Conference 2010

Evidenced based practice: to do or not to do

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Addressing Upland Hill Farming Health Inequalities in Derbyshire England

Community Case Study



Commissioning Cycle

- Concept of World Class Commissioning
- Using evidence to inform commissioning for health and wellbeing
- Increase the commissioning of clinical and cost effective services
- Cyclical approach ensures new evidence is appraised and incorporated into funding decisions



Dahlgren & Whitehead 1991 Model



Farm Out 2001- 2010

- Introduction to upland hill farming
- Participatory health needs assessment
- The evidence
- Using evidence: public health programme
- Evaluation
- Future plans



Taxonomy of Need

- Normative need
- Comparative Need
- Felt need
- Expressed need



Bradshaw 1972

Participatory Health Needs Assessment

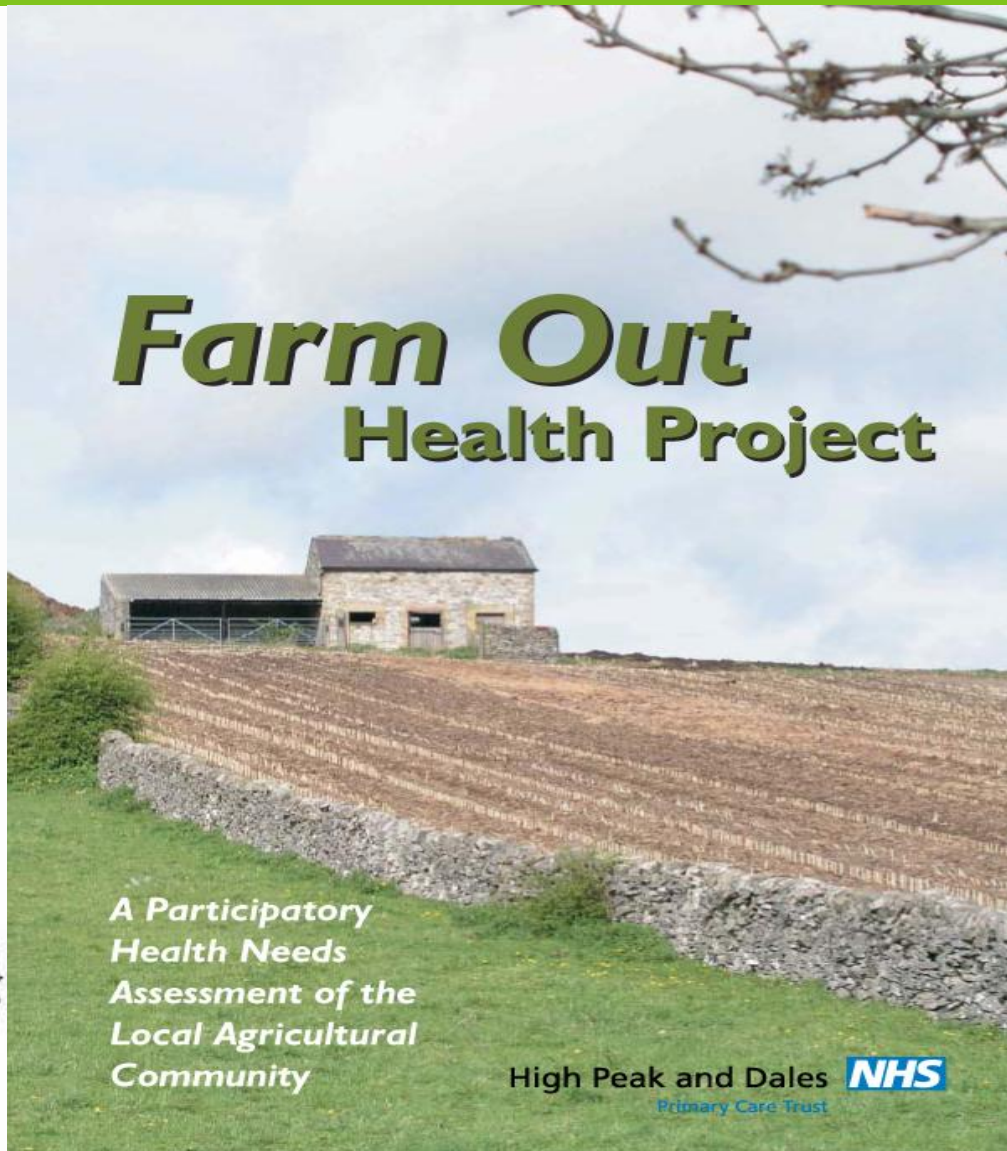
- Review existing research and information
- Focus groups (n=4)
- Community events (n=3)
- One to ones (>50)
- Population Health Survey (n= ?)



Farm Out **Health Project**

***A Participatory
Health Needs
Assessment of the
Local Agricultural
Community***

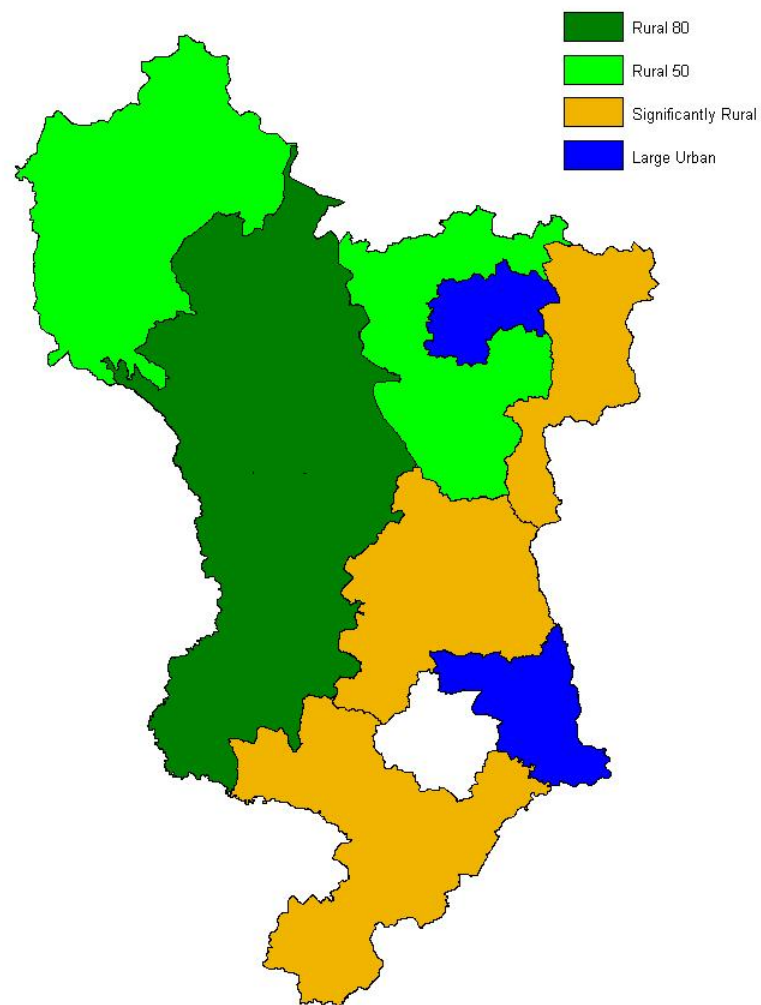
High Peak and Dales **NHS**
Primary Care Trust



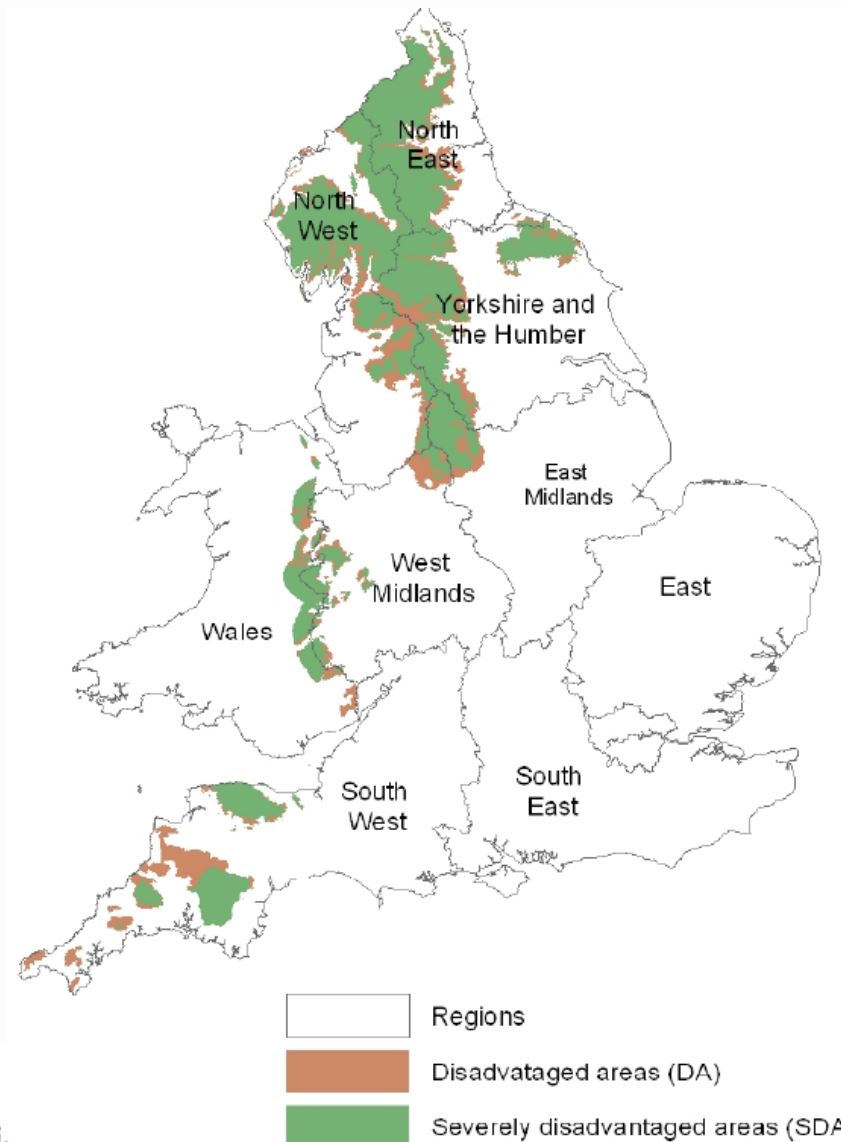
England and Wales



Derbyshire County PCT - showing rural/urban classification



Less Favoured Areas: England



Local Agricultural Community

- 3,700 registered farm holdings covering 71% of Derbyshire (DEFRA 2000)
- 700 holdings identified on the *Farm Out* patch
- Small (<49 hectares) family run, sheep, beef, dairy farms.
- Mixture of tenant and owner occupied
- Many have other occupations
- Average age of farmers is 58 years.
- Also includes farm advisers, Peak Park employees, foresters, farriers.



Bakewell Livestock Market



Income

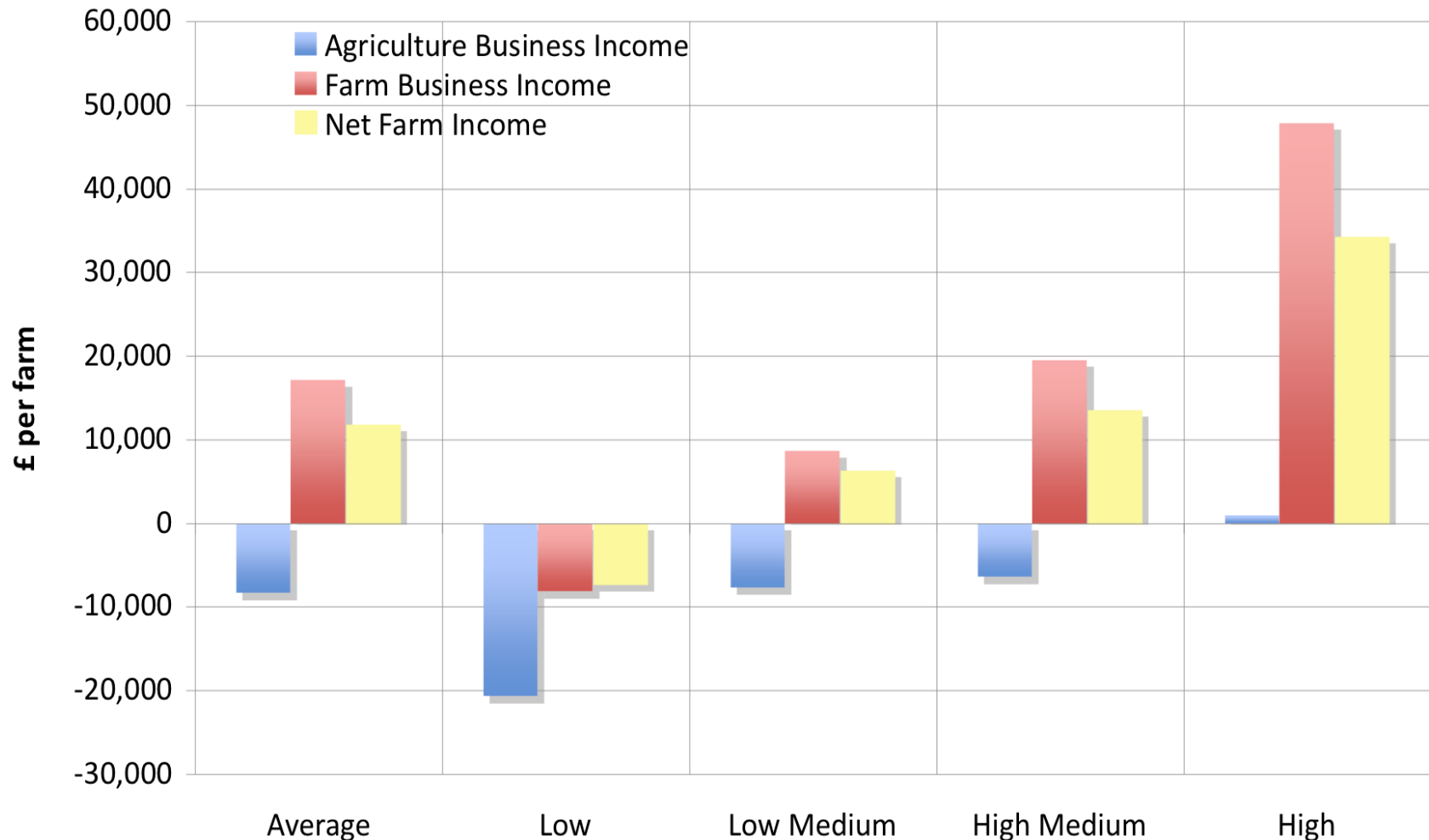
- *"You do it 'cos you want to, not for the farming. You'd be a head case to do it for the money"* (Young farmer)
- *"I'm earning nothing but I have the use of a car and board is free and I get a bit of an allowance for going out and stuff"* (Young farmer).
- *I don't mind 'cos they're keeping a record of what I earn. When I get the farm they'll give me all that in stock."* (Young farmer)



Agricultural and Farm Business Income for upland farms 2008/09

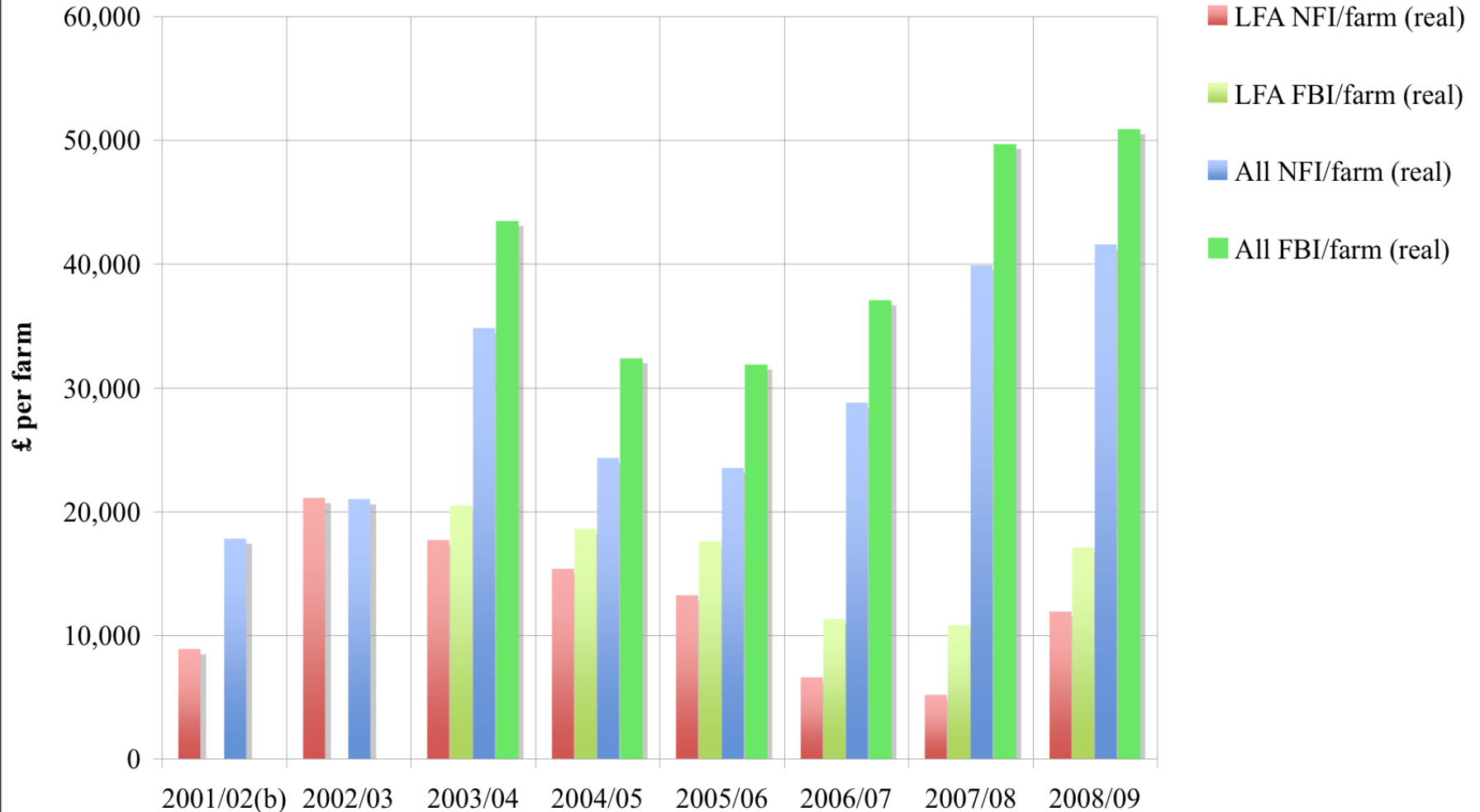
NHS

Derbyshire County

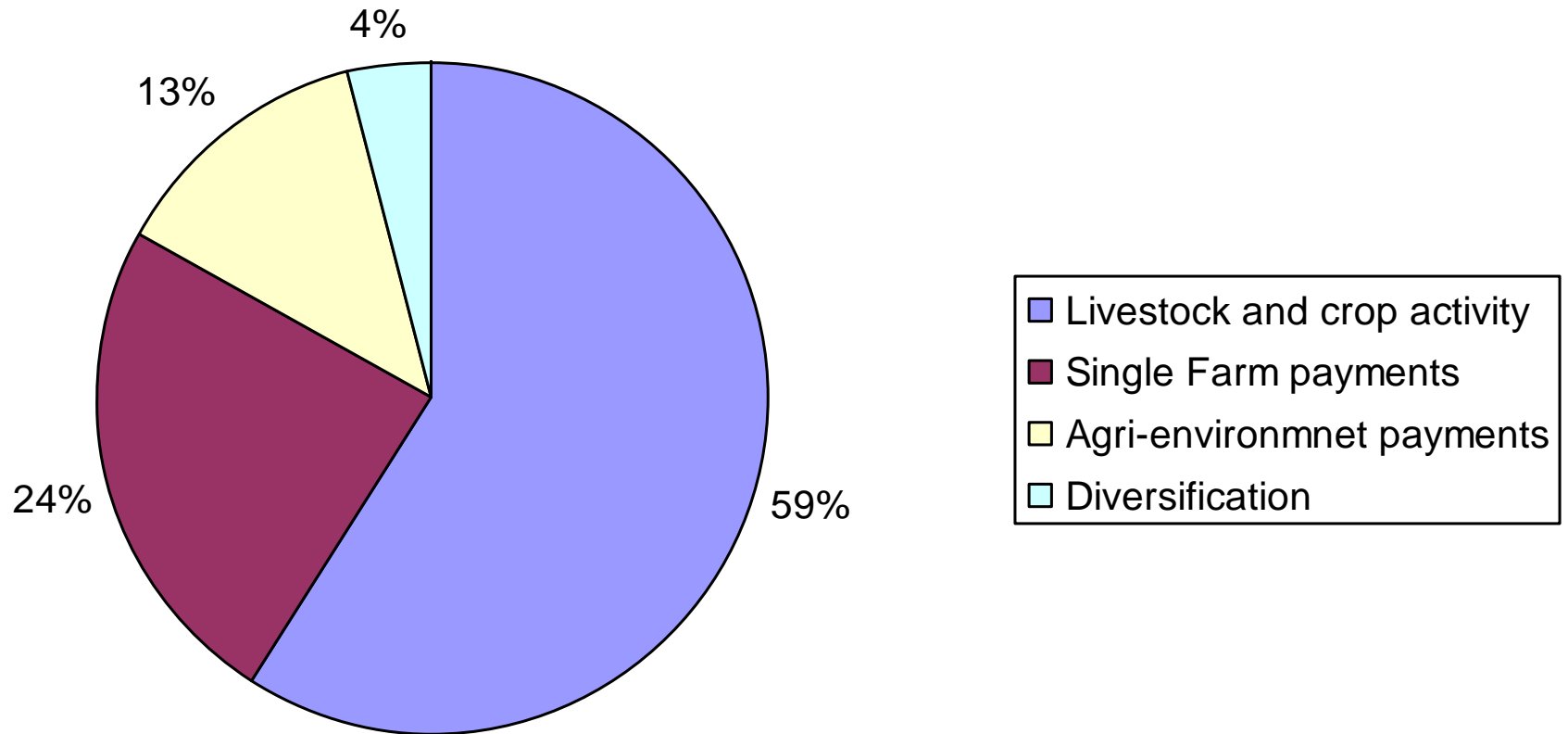


Upland hill farm income 2001/02 to 2008/09

NHS
Derbyshire County



Revenue sources for upland hill farmers 2008/09



The Family

- *"You've got your immediate family - like my husband farms with his brother and you think 'Well, at least there's two of you'. /but there are people on their own and that's even worse." (Farmer's wife)*
- *"They haven't got time to spend with the family. It's very stressful for him. It puts a lot of pressure in the family and your relationship." (farmer's wife and mother)*
- *"My husband is well past retiring age and is still virtually working a full day and doesn't feel able to do a lot of things he would really like to do because there really isn't enough time - as with many people, we are managing with a man less but the work doesn't lessen." (Retired farmer's wife))*



Education

- *"My husband left school at 14 to go into farming. It's what he knew he'd always do. Farming was never paper orientated; he finds keeping records very difficult."*
(Farmer's wife)
- *"I would have liked to have gone (to college) full-time if my Dad could manage on his own. You need to keep the stock ticking over but he can't manage. I'd have gone without even thinking about it if I didn't feel so guilty"*
(Young farmer)



Social Status - Community Support

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- *"Villages are changing so much - people are moving in that are a lot wealthier than yourself. You feel - I mean - the villages are changing. There is not this great community spirit that there was - helping each other out if you are having a bad time - everybody just turning up and doing - you know - .."*(Farmer's daughter and mother of 3)
- *" We would like to feel valued. You would like to feel you are doing a job that the country values. 15-20 years ago I think it was valued but now everything revolves around the service industries."*(Farmer's wife)



Accidents

- *" You don't report accidents because you don't view it as an accident. It never crosses your mind to report it. It's just something that happens." (Farmer's wife)*
- *"It's not necessarily a health thing. It just happens."(Farmer)*
- *" Because we are short of labour, everybody is doing with a man less than what they are used to. The chances are that you are going to take short cuts to try to hurry things up and that's when accidents tend to happen." (Farmer's wife)*
- *" We had a near miss. My son nearly turned a tractor over a few weeks ago and he's very careful - It's one of those things - could have been a terrible accident and these things do happen" .(Farmer's wife)*



Agri-chemicals

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- *"My Dad won't let me use spray because he says it's better the old folk die first before me. I've got plenty of years left."* (Young farmer)
- *"My Grandad's not too safe with the spray. He goes in his normal trousers and boots so, about two days later, he ends up with spots all over his legs."* (Young farmer)
- *"Dips used to give me Dad and me Uncle bad - you know - a bit like 'flu for a few days and then you're back OK again. You wouldn't go back into it - too many regulations about chemicals and storage."* (Young farmer)



Zoonoses

- *"You have to go in and tell them what it is with Ringworm. You see a lot of them, you know, have never seen it before." (Dairy farmer)*
- *"A lot of the time, Vets are better at diagnosing stuff than doctors. I mean, I'm not saying that about all doctors but Vets are pretty good. They train for two years longer than a doctor don't they?" (Young farmer)*



Back & Joint Problems

- *" There's always something. There's always something that needs doing. It's always beyond what you should be lifting. You're always pushing, pushing yourself an extra load of muck in a barrow. Anything to save you a journey". (Young farmer)*
- *" They're (tractor seats) only half way up your back and you're sat forward on the steering wheel and you're just going over the bumps and your back's bending like that." (Young farmer)*



Tideswell Health Survey

NHS
Derbyshire County

- Aims**
- Measure prevalence of ill health and service utilisation
 - Compare farmers, non-farmers and other (non-rural) populations

Method Postal questionnaire survey (May 2002)

Sample 248 farmers + 248 matched comparison group
General practice patient list
Primary farmers and Secondary farmers

Response 77% response rate (n=375)



Questionnaire content

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- Background information
- Use of health services
- General health (EQ5D)
- Joint problems
- Hearing
- Stroke/angina
- Bronchitis/asthma
- Continence/prostate problems
- Working with agrichemicals
- Accidents at work
- Anxiety and depression



Change in household income over last year (2002)

Income:	Decreased	Stayed same	Increased
Primary farmers	48%	45%	7%
Secondary farmers	31%	45%	24%
Non-farmers	24%	45%	31%



$\chi^2=31.14, p<0.001$

Overall health status measure

Five questions on:

- Mobility
- Self-care
- Usual activities (e.g. work, family and leisure etc)
- Pain and discomfort
- Anxiety and depression

Score: 1 = perfect health, 0 = dead



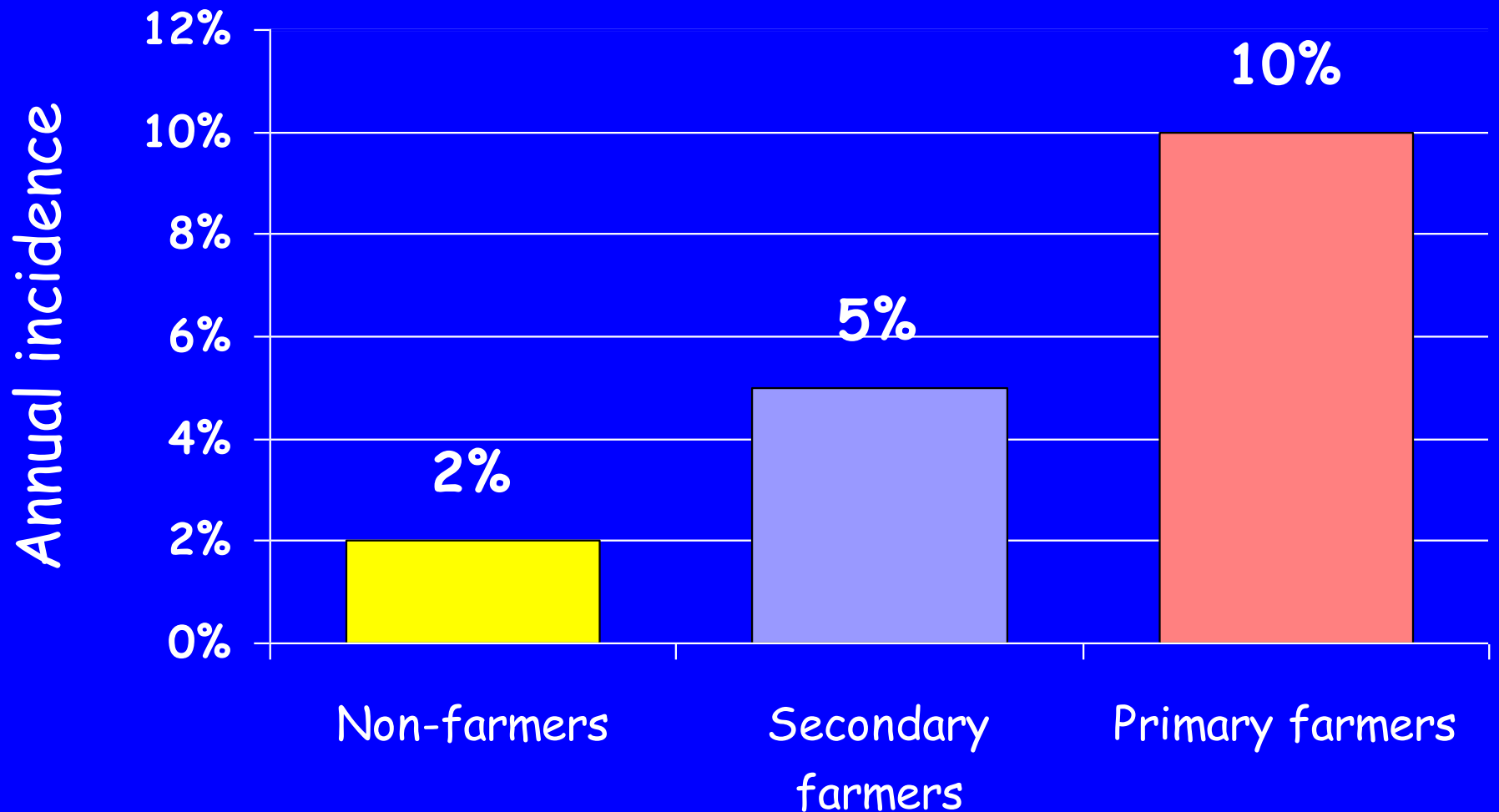
EQ5d - Overall health status measure

	Mean score
Primary farmers	0.78
Secondary farmers	0.84
Non-farmers	0.85
UK mean	0.86
UK social classes IV/V	0.82

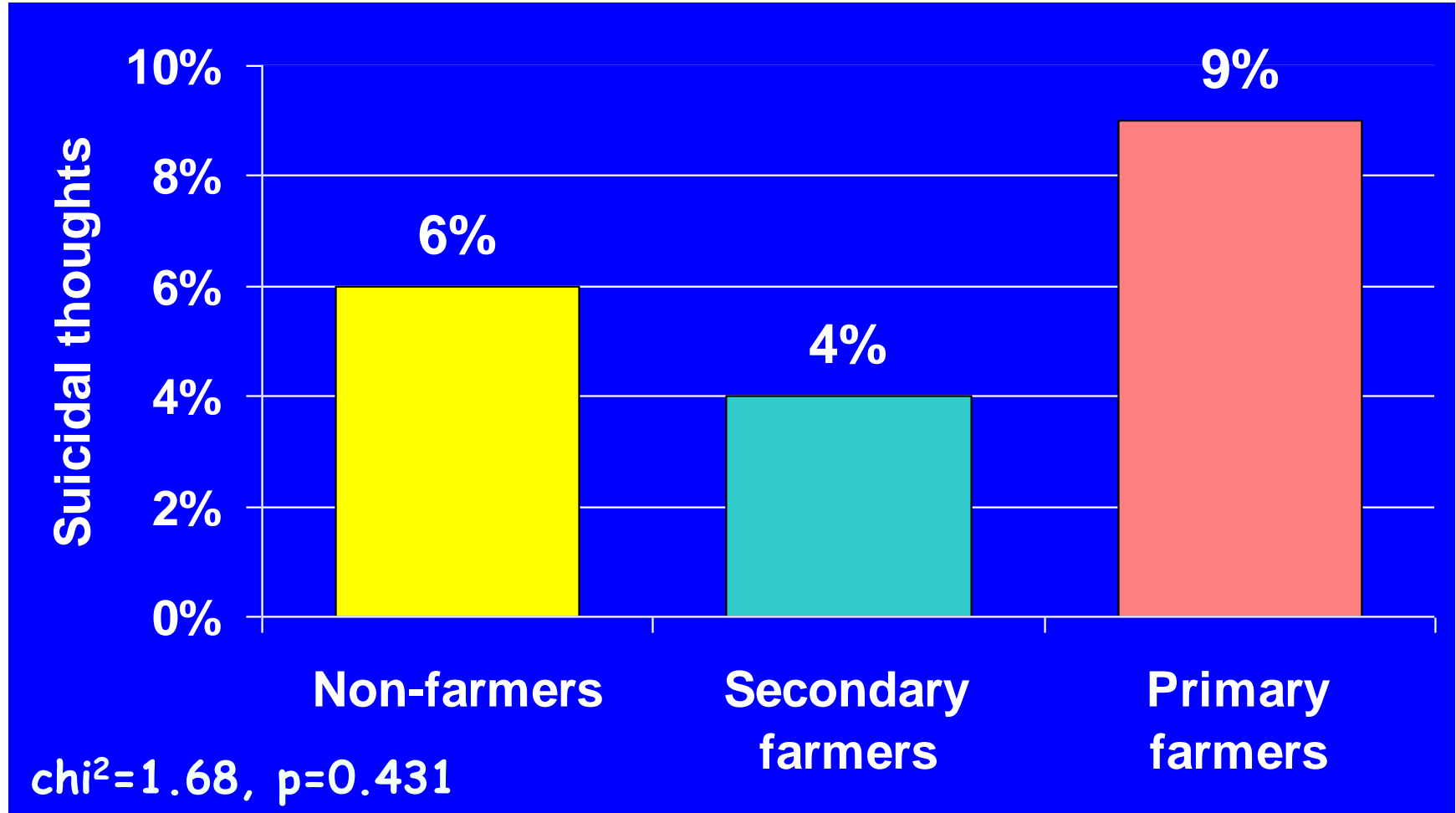
Primary farmers significantly lower mean score than non-farmers ($t=2.66$, $p=0.008$)



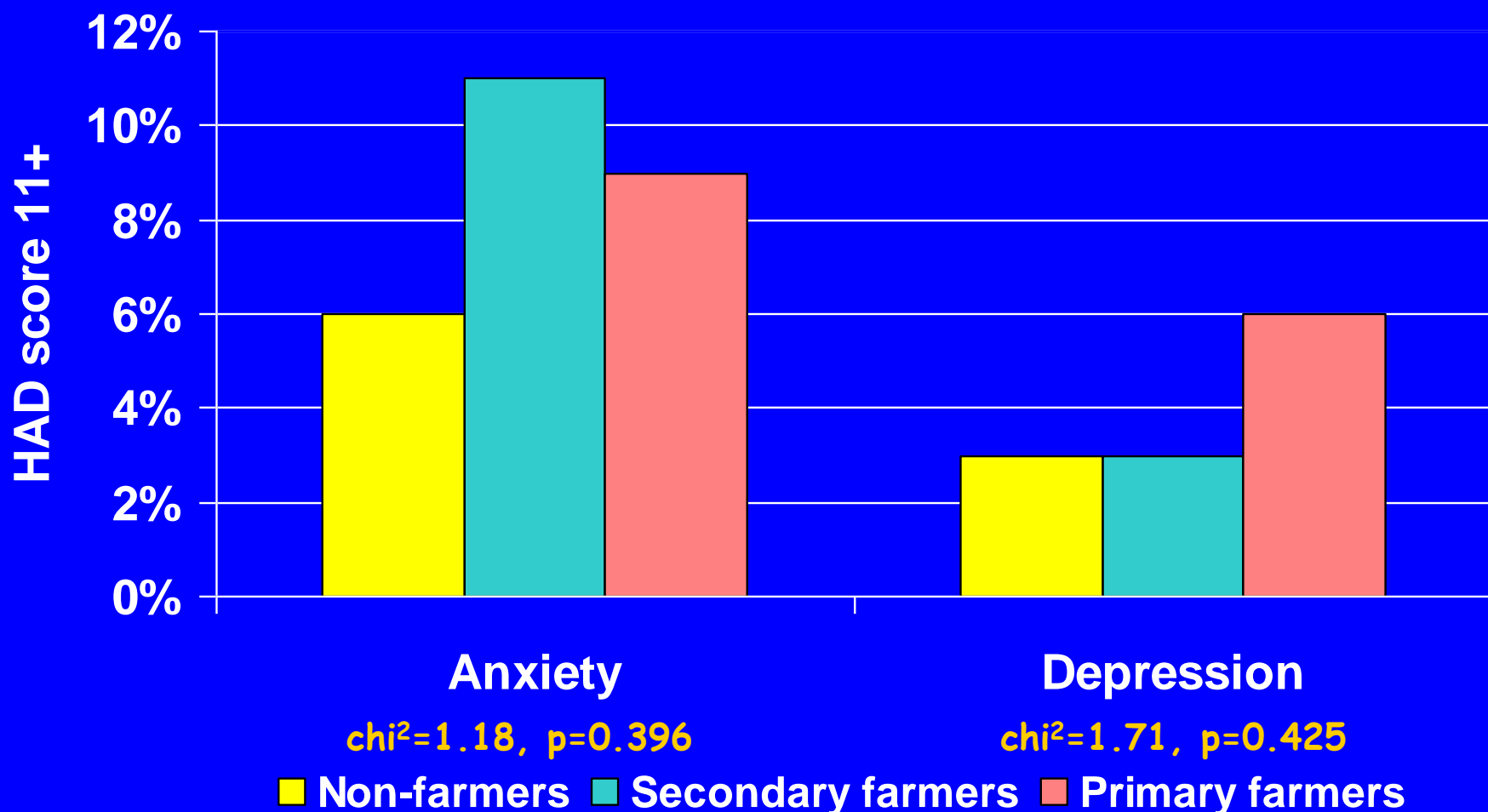
Accidents at work



Thought about attempting suicide in last year



Anxiety and Depression (HAD scale 11+)



Health service use over last 12 months

No significant difference between farmers and non-farmers in use of:

- A&E department
- Therapy service
- Hospital outpatients
- Hospital inpatient stay
- Day case operation

BUT



Health service use by primary farmers and non-farmers

NHS

Derbyshire County

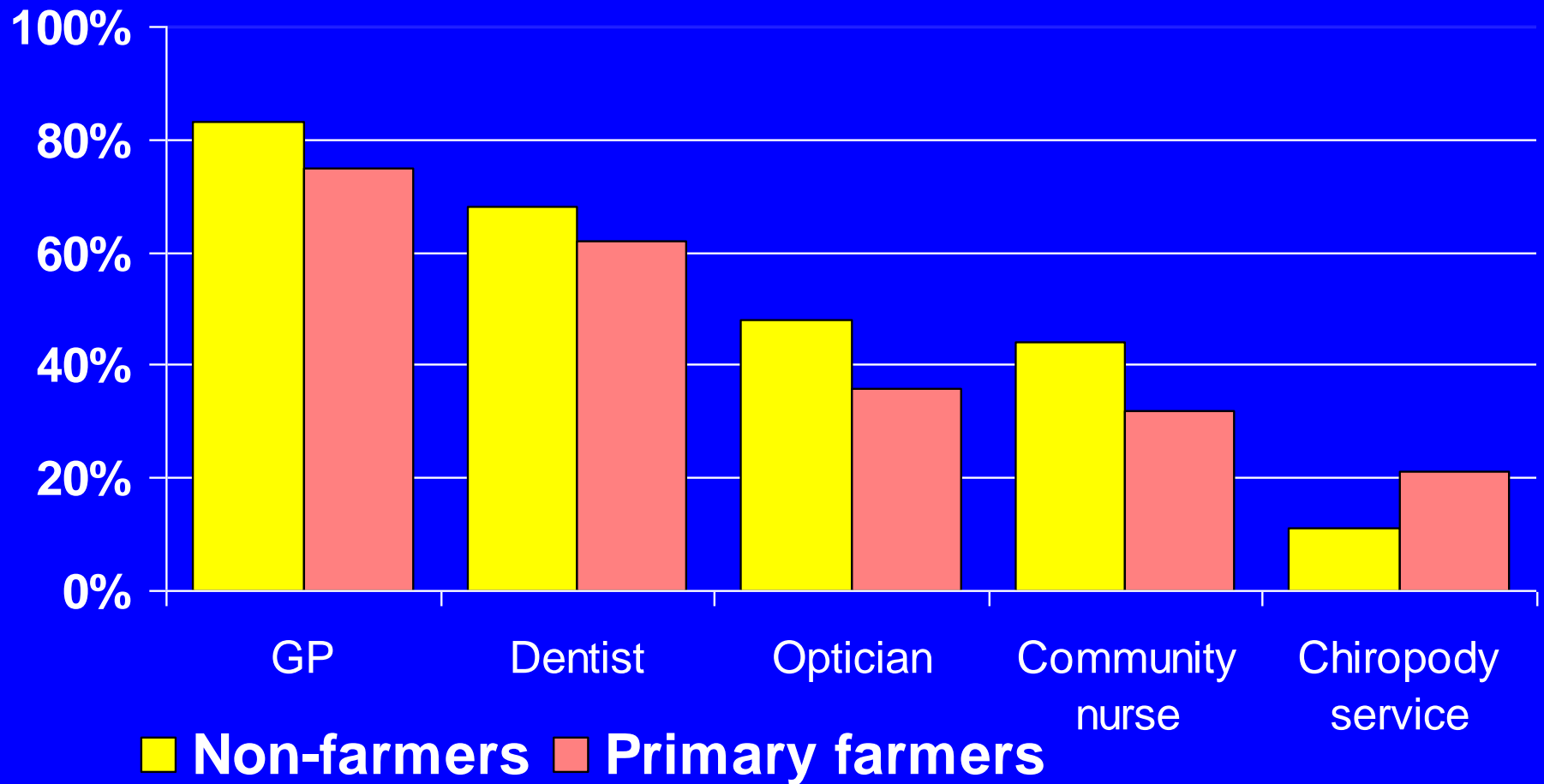
% using service in last 12 months

	Non-farmers	Primary farmers	p
GP	83%	75%	0.05
Dentist	68%	62%	0.32
Optician	48%	36%	0.04
Community nurse	44%	32%	0.03
Chiropody service	11%	21%	0.02



Health service use by primary farmers and non-farmers

% using service in last twelve months



Areas of ill health where no significant difference between primary farmers and non-farmers:

- Pain in neck, back, hands and feet
- Respiratory: chronic bronchitis and asthma
- Smoking habit
- Cardiovascular: stroke prevalence and symptoms of angina
- Anxiety



Areas of ill health where primary farmers have significantly worse health than non-farmers

- EQ5d (overall health status)
- Pain in hips and knees
- Continence/prostate problems
- Accidents at work
- Depression

...and also lower health service utilisation



Areas of ill health where primary farmers have significantly better health than non-farmers

NONE!!



Public Health Solutions

NHS

Derbyshire County

- Drop-in Health Clinic
- Agricultural Chaplain
- Outreach Mental Health Worker
- Citizen Advice Services
- Farming Life Centre
- Young Farmers Art Project
- Care Farming - emerging



Public Health Interventions

- Rural Proofing
- Drop in health clinic
- Agricultural Chaplain
- Outreach Mental Health Worker
- Family Farm Safety
- Farming Life Centre
- Citizens Advice Bureau Services
- Young Farmers Art Project



Outreach drop in clinic

NHS

Derbyshire County



Drop in clinic

NHS
Derbyshire County



BBC TV coverage

NHS

Derbyshire County



Family Farm Safety

NHS
Derbyshire County

- Two- day Farm safety courses established
- One –day First Aid for appointed persons
- Attended by farming parents, grandparents and health professionals (N= >300)
- Funded by Department of Trade and Industry Grant
- Emphasis on Farm Safety Audit



Young Farmers Art Project

NHS

North Yorkshire County



Sheep high on the hill above Castleton and the Lafarge quarry.



The Sheep crowd around the hay rack.



A traditional stone field barn which provides shelter and a suitable feeding area for Sheep (Mam Tor in the background).



Matt (a 3 year old Border Collie Sheepdog) awaiting a call to work.



Sheep absorbing the last of the afternoon sunshine.



A wintery landscape looking towards Win Hill, with sheep responding to the call of the farmer who has brought them supplementary feed.



Modern transport saves a long walk down a narrow track.

Jane Dalton young farmer

NHS

De Lyrshire County



Sheep high on the hill above Castleton and the Lafarge quarry.



The Sheep crowd around the hay rack.



Paul Spray Young Farmer

NHS
Derbyshire County



Oats £ 70 / Tonne
Scott's Porage Oats £1480 / Tonne



Malting Barley £ 65 / Tonne
Boddingtons Beer £2040 / Tonne



Milling Wheat £ 85 / Tonne
Warburtons Bread £1050 / Tonne



Sugar Beet £ 30 / Tonne
Silver Spoon Sugar £ 730 / Tonne



Oil Seed Rape £ 125 / Tonne
Pura Vegetable Oil £ 460 / Tonne



Crisping Potatoes £ 90 / Tonne
Walkers Crisps £8120 / Tonne



Citizen Advice Bureau

NHS

Derbyshire County

- Julie Hirst Specialist in Public Health
- Based in GP surgeries and Agricultural Centre (non stigmatising)
- Advice on benefits, debt and social issues
- 2009/10 A\$5.9 million additional benefits
- A\$12.5 million debt management
- A\$54 000 through Agriculture Centre



Mental well being workers

- **Agricultural chaplain**
 - All faiths and no faiths
 - National helpline
 - Farm visits
 - Pastoral support
 - Sign posting
- **Mental health care worker**
 - Mild to moderate illness
 - Living with rural stress programme
 - Suicide risk awareness



The Farming Life Centre

NHS
Derbyshire County



Consolidation of Gains



Derbyshire County

- Major NHS re organisational change.
- Will allow us opportunity to reflect on gains and new introduce new approaches
- Principles of GP clinical leadership, subsidiary and introduction of personal budgets
- Currently undertaking a full review of 2001 HNA.
- Opportunity to introduce new approaches such as care farming



Thank you

NHS
Derbyshire County



Acknowledgments & further info

- Julie Hirst FFPH and Dr Jane Bethea Derbyshire County PCT
- Derbyshire Dales District Council
- Young farmers' photographic mental health promotion project *Linda Syson-Nibbs; Andrew Robinson; Julia Cook; Ingrid King*
Arts & Health: An International Journal for Research, Policy and Practice, 1753-3023, Volume 1, Issue 2, 2009, Pages 151 – 167
- Syson-Nibbs L, Saul C, and Cox P(2006) Tideswell health survey: A population survey of the health needs and service utilization of a farming community Volume 120, issue 3 Pages 221-228 (March 2006)



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Farmers Health Charter

NHS

Derbyshire County

‘Public health interventions that acknowledge the wider determinants of health and that are informed by evidence of need and effectiveness are likely to bring most health gain especially when delivered in partnership with farming communities over a sustained period of time’

